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Food for your table... Let's talk about it.

FOOD AND NUTRITION SERVICE

—

U.S. DEPARTMENT OF AGRICULTURE

ABOUT THE "FOOD FOR YOUR TABLE" BOOKLET

This publication is developed for use by teachers of nutrition. It is designed for use as a flip chart or teaching aid for individuals or small groups. The suggested script for each illustration is on the page above it. County may be read as city, parish, or township.

The publication is written for county and local use. To make it truly meaningful to the people you contact, we have provided blanks within the suggested script. The number of people participating in the local program, the food items available locally, the address of the local food distribution center, and the certification information should be obtained from the local certification office and/or the local food distribution center before your first visit.

You should also notice that we have added extra script material for the artwork on the front and back covers. This makes an interesting way to use the covers as you start and stop your visit. With a little practice you can easily remember the two short sections of script.

We would also like to suggest that you prepare some item that you can leave as a lasting reminder of your visit. This could be a sample recipe for USDA-donated foods, a calling card with information about yourself, or a single-sheet paper with important local information from the blanks in the FOOD FOR YOUR TABLE booklet.

(START HERE)

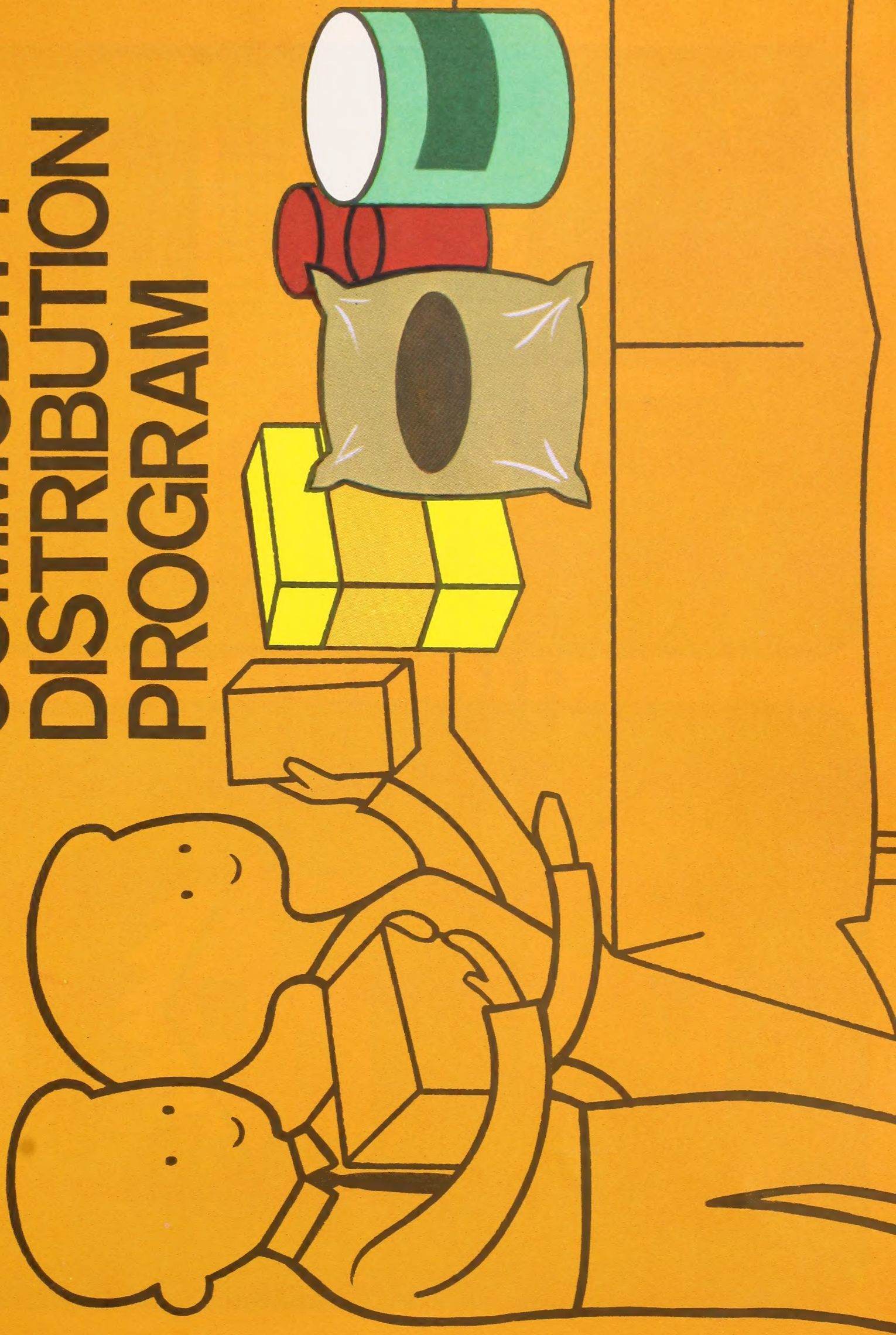
(AT DOOR AND USING THE COVER PAGE ARTWORK)

Hello, I am _____,
and I'm from _____.

Do you now receive food through the Commodity Program?
No? Then, I would like to talk with you about FOOD FOR
YOUR TABLE. May I come in for a few minutes? Thank you.
(IN THE HOUSE AND USING NEXT ARTWORK)

In _____ County there is a program that
could help put FOOD ON YOUR TABLE. It is called the
Commodity Distribution Program.

COMMODITY DISTRIBUTION PROGRAM



About _____ people in our county already get food for their table. The food is donated by the U.S. Department of Agriculture for people who need it.

Many more people, with families just like yours, are given food help across our country:

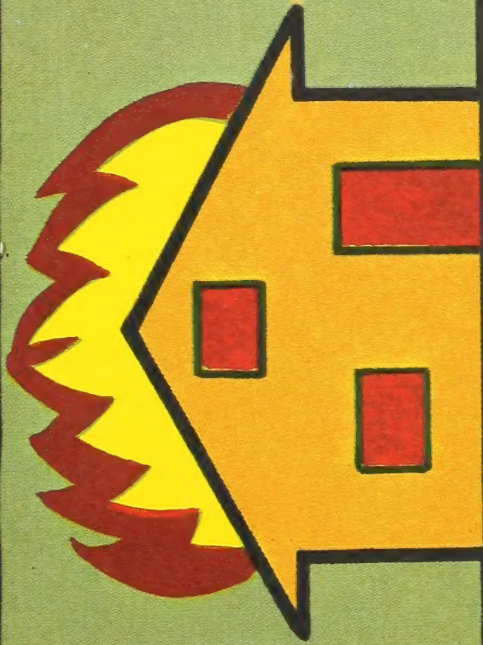
Victims of disasters . . .

Children and adults in charitable institutions . . .

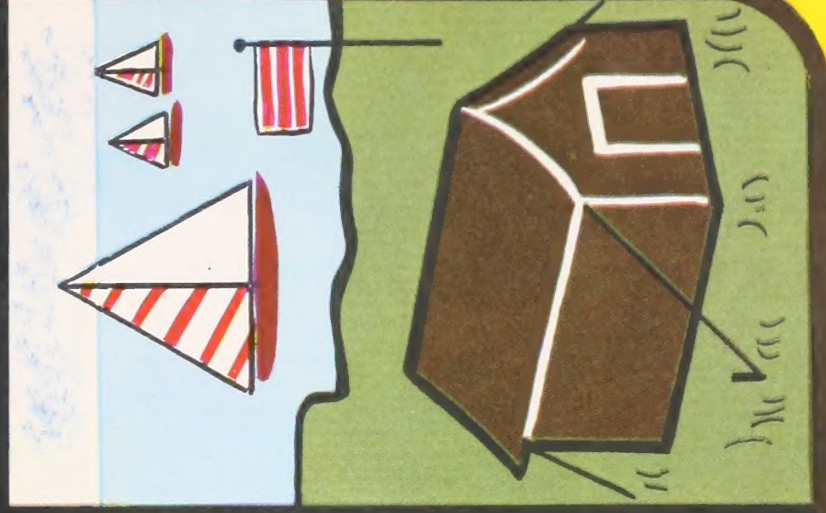
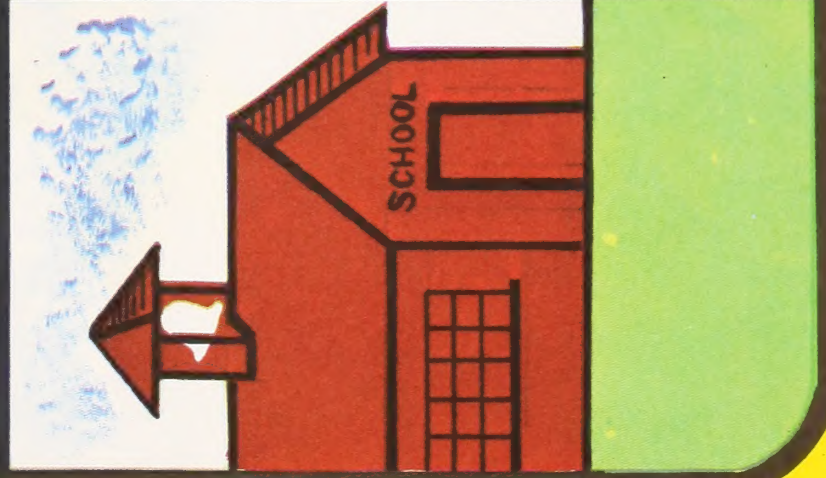
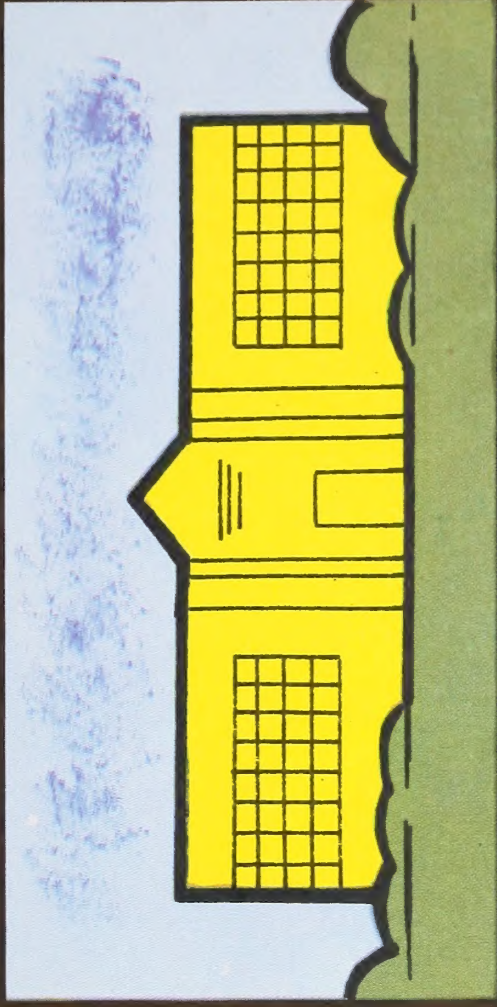
Millions of school children . . .

Children in summer camps.

USDA Food



Here At Home



Food is given once a month, at one time, to each household in our county program. A family of four people gets a lot of food and larger families get quite a bit more. You take it all home to use.

FAMILY OF 4

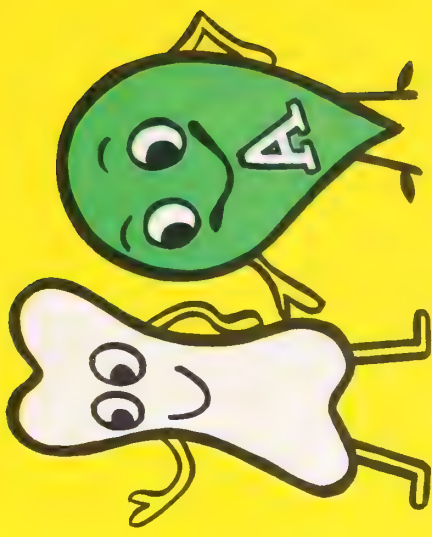
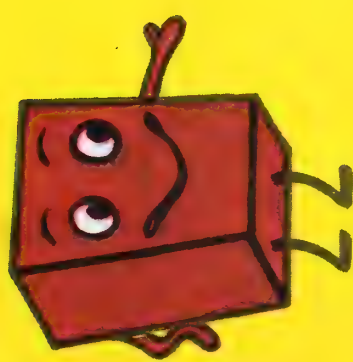


Let's talk about the kinds of food you can get for your table. They are all high quality foods. Do you know that there are four major food groups? The first group is the MILK GROUP.

In our county program the foods in the milk group include

The milk group gives us protein, calcium and vitamin A.

MILK GROUP

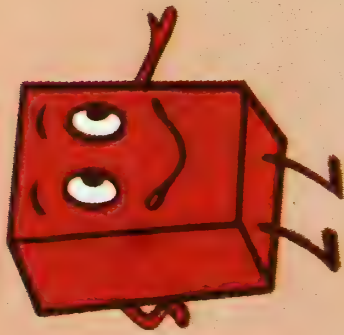


The MEAT GROUP gives us protein, iron, and B vitamins.

In this group the foods given are _____

_____.

MEAT GROUP

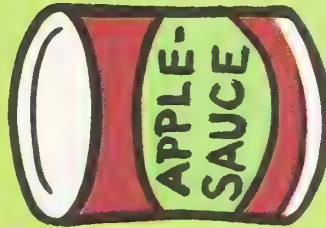
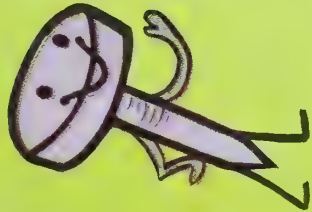


The VEGETABLE AND FRUIT GROUP gives us calcium,
iron, and vitamins A, C, and two of the three B vitamins.

We have _____

in this food group.

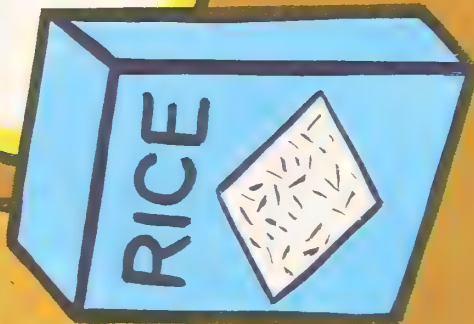
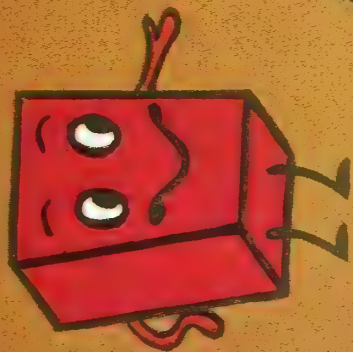
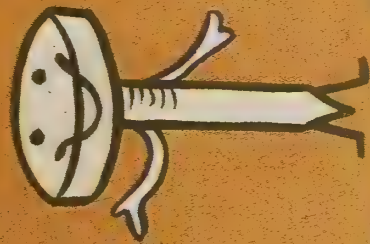
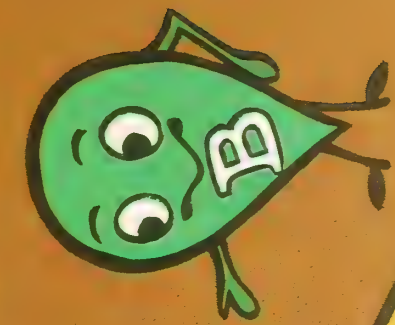
VEGETABLE - FRUIT GROUP



The fourth major food group is the BREAD AND CEREAL GROUP. In these foods we get protein, iron and B vitamins.

_____ are part of the bread-cereal group given in the _____
County FOOD FOR YOUR TABLE program.

BREAD - CEREAL GROUP



There are USDA basic recipes on each food item so you will know how to cook all the food. I can help you with other recipes and cooking tips.

RECIPES



How to Cook

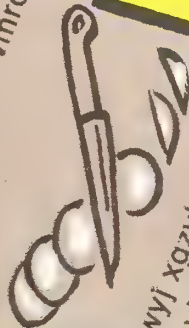
Hmbf gkhhz drhzw radrk
wodfhg kafilw ywrhbs. Fa
twaqh udtm qpzs eocvag
chajdr. Tyrbd qypr csm

Recipes for Cooking

nywhe thbmar
ypfwhr erdygc
wdhm esmhd li
tndr vbgk fwy h
Earmh fdrh kwo
kinw pywam ga
maryk joye eaw
Hmbf gkhhz dr
chajdr. Tyrbd qy
prwhfs kaothb s
ehkrya bawoya
brmup awilse. K
Wbmag erwag

RECIPE

prw fs kaothb :
eh rya bawoya vmwatg egyurh.
brmup awilse. Kdbys vdghfs,
Wbmag erwqp vmro gwnl uykz



waqh udtm qpzs eocvag tyunf ka
chajdr. Tyrbd
prwhfs kaothb
ehkrya bawoya
wilse.
rwqp

twyj xgzvb mbzx kwr
vbgkq hrdl arfg yov
Srmgpr wcqtxg fir
ngf frmhc lygw rad



tyunf kabult

hrtfjwrhbs :

twagh udtm qpzs eocvag tyunf kabult
chajdr. Tyrbd qypr csmhgf radkse,
prwhfs kaothb svdknp tkegih exawzt.
chajdr. Tyrbd qypr csmhgf radkse,
prwhfs kaothb svdknp tkegih exawzt.
chajdr. Tyrbd qypr csmhgf radkse,
prwhfs kaothb svdknp tkegih exawzt.
chajdr. Tyrbd qypr csmhgf radkse,
prwhfs kaothb svdknp tkegih exawzt.

RECIPE for svdkn
STEP 1 -
prw csmhgf radkse, ilun
vdknp tkegih exawzt. Ch
vmwatg egyurh Fydrn
STEP 2 -
prvbgk fwy hrdlu aoi
ch fdrh kwod r afgm
pywam garf pahtel
ve eawdrd jaen
z drhzw radrk
kafilw ywrhbs. Fm
udt qpzs eocvag

If you wish to have this kind of FOOD FOR YOUR TABLE, you must first be certified to get it.

In our program you would be certified at _____

If you already receive public assistance checks, you may get the food by making an application at _____

(Local Welfare Office or other certification center)

Do you? If not, let's look at these eligibility standards to see if you might qualify. (Discuss)

It seems that you might. Be sure to take with you

when you apply to be certified for the program.

CERTIFICATION

COMMODITY DISTRIBUTION PROGRAM

ELIGIBILITY STANDARDS

and Hardship Deductions

(STATE)

HOUSEHOLD SIZE	1	2	3	4	5	6
ALLOWABLE INCOME						

HOUSEHOLD SIZE	7	8	9	10	11	12
ALLOWABLE INCOME						

HARDSHIP DEDUCTIONS

SHELTER	MEDICAL	TRANSPORTATION		

After being certified, you would get your food at the local Food Distribution Center.

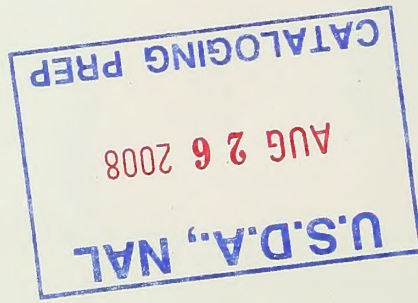
It is located at _____

The people working there will help you get the food. You will need to figure out the best way to get the food to your home. (Discuss transportation problem related to family size.)



ADDRESS:

**COMMODITY
DISTRIBUTION
CENTER**



(GETTING READY TO LEAVE AND USING NEXT ART-
WORK)

It takes quite a bit of planning to keep and use a month's supply of the FOOD FOR YOUR TABLE.

I would be happy to come back again, after you've become a part of our _____ County program that gives FOOD FOR YOUR TABLE. Then I can help you in your planning.

(AT DOOR AND USING THE BACK COVER ARTWORK)

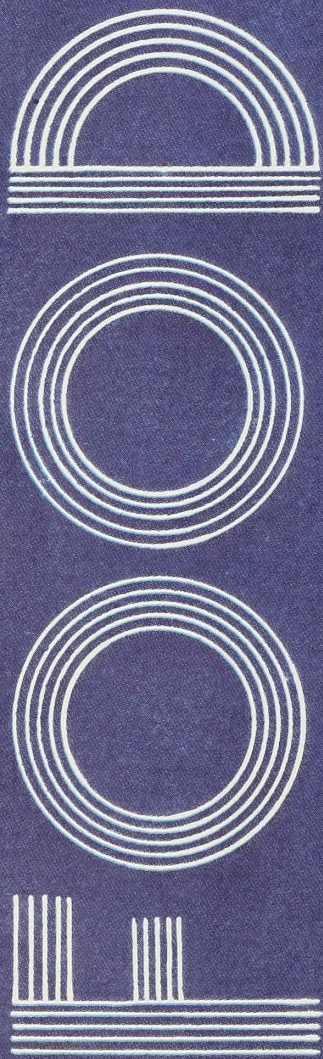
When you want to see me again, call _____ and ask for _____

I'll have some recipes ready for you to try out with the FOOD FOR YOUR TABLE.

Good-bye.



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FOR YOUR TABLE



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